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ABSTRACT

Described in the second of six documents on the community adjustment of deinstitutionalized mentally retarded persons are national patterns (1972-1974) of community placement for 13,158 people returning to the community. Information from the questionnaires completed by 154 institutions is analyzed according to sample characteristics (age of population residing within institutions, and pre- and post-release services offered); release patterns (client age, level of retardation, and type of community placement); and the relationship between release patterns and such institutional characteristics as size and geographic location. Among findings summarized are that the most common type of community placement was natural/adoptive homes; and that larger institutions released a greater proportion of clients to group homes while smaller institutions more frequently chose natural/adoptive or foster homes. (CL)

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Contract No. OEC-0-74-9183

PROFILE OF NATIONAL DEINSTITUTIONALIZATION PATTERNS 1972-1974

September, 1976

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Volume II of

A Study of the Community Adjustment
of Deinstitutionalized Mentally Retarded Persons

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In July, 1974, Abt Associates was awarded a contract by the Bureau of Education for the Handicapped of the United States Office of Education to conduct an assessment of the adjustment of deinstitutionalized mentally retarded people to community life (Contract No. OEC-0-74-9183). The present volume is one of a six-volume series produced over the course of the project to describe deinstitutionalization procedures of institutions and community adjustment experiences of mentally retarded persons. We are deeply indebted to many people for their cooperation and assistance in all phases of this project.

First, we wish to give special thanks to our Project Officer in the United States Office of Education's Bureau of Education for the Handicapped, William Johnston, for providing support and guidance to us throughout the course of the contract, and to Max Mueller, Chief, Research Division, BEH.

The Abt Associates research staff who assisted in this project worked long and difficult hours to prepare, analyze, and report the data in these volumes. First, we wish to thank Patricia Cook, who served as the Project Director of this study from July, 1974 to May, 1975. Special thanks go to Diane Stoner, Supervisor of Field Operations, and to Jaime Grubin and coders from the Survey Design Group for pre-coding our instruments and subsequently coding the data; to Joe Clark, Sandy Friedman, and Paul Robertson for their invaluable help in preparing the complex data base and carrying out the computer work; to Jim Hoell and Karen Schneiderman for helping organize the data into meaningful tables and charts; and to Kathy Moss and Paul Robertson for assistance in writing up our findings.

We are especially grateful to Professor Norman R. Kurtz of the Florence Heller School for Advanced Studies in Social Welfare, who served as an on-going consultant on this project. He was helpful in various phases of the project, particularly in reviewing our instruments, developing and carrying out our analysis plan, and reviewing our working documents.

Corporate staff at Abt Associates who deserve thanks for their support and guidance are Andy Anderson, our contract management reviewer, and Peter Miller, Education Area Manager and Vice-President.

The study involved two major field efforts: 1) visits and interviews by field staff at 10 selected institutions serving mentally retarded persons; and 2) visits and interviews by field staff with the 440 deinstitutionalized clients and their families. The field staff worked enthusiastically and effectively in collecting the data, sometimes under difficult field conditions and time constraints. We wish to thank the field staff who conducted the site visits to the ten institutions--Marjorie Scarlett, Laurie Stewart, and Bonnie Wilpon--as well as the staff who conducted interviews with deinstitutionalized clients and their families--Sharon Alperin, Joel Braun, Amy Cicala, Michael Clifford, Barbara Epstein, Eleanor Franklin, Lois Gerardi, Ellen Hartford, Lauri Lewis, Vicki Peters, John Schlichte, Suzanne Simenson, and Jan Valley.

Special thanks go to the Mohawks and Squaws, a consultant group of mentally retarded persons, and to Adrienne Glenn in particular, who helped sensitize and train our field staff to the process of interviewing mentally retarded persons. We are also grateful to the institutions and persons who assisted us in pre-testing instruments and questionnaires--particularly the staff at Monson State School, Monson, Massachusetts, and the staff at Seaside Regional Center, Waterford, Connecticut, and the host of families, group home staff, and deinstitutionalized clients.

We wish to thank the 154 institutions which responded to our initial mail survey and particularly the staff at the 10 institutions participating in this study. Participation required a great deal of time and effort on their part, with little promise of returns which could directly benefit them. Their motivation for participating was based on a desire to assist in a research project which they felt was greatly needed. We hope that our study reports meet their expectations and will be helpful in preparing training programs and placing clients in community settings. The institutions participating were:

Arlington Developmental Center
Arlington, Tennessee

Beatrice State Home
Beatrice, Nebraska

Belchertown State School
Belchertown, Massachusetts

Brainerd State Hospital
Brainerd, Minnesota

Brandon Training School
Brandon, Vermont

Northern Wisconsin Colony and Training School
Chippewa Falls, Wisconsin

Polk State School and Hospital
Polk, Pennsylvania

Suffolk Developmental Center
Suffolk, New York

Sunland at Tallahassee
Tallahassee, Florida

Utah State Training School
American Fork, Utah

Above all, our praise and thanks go to the 440 deinstitutionalized clients and their families who participated in this study. They spent long hours with our interviewers providing difficult information on community adjustment experiences. As with the participating institutions, there were no direct benefits to them for participating in the study. Without their efforts and insights a report such as this could not have been written. We can only hope that the findings and recommendations of this study might facilitate the community adjustment of persons who are released from institutions in the future.

Elinor Gollay, Project Director
Ruth Freedman, Deputy Project Director
Marty Wyngaarden, Research Analyst

PREFACE: PROJECT OVERVIEW

Objectives

This report is based on a study conducted by Abt Associates Inc. for the Bureau of Education for the Handicapped of the United States Office of Education (Contract No. OEC-0-74-9183). The overall purpose is to assess the adjustment of deinstitutionalized mentally retarded people to community life. The objectives are six-fold:

1. to review the criterion measures and predictors of community adjustment used in studies of mentally retarded persons and to analyze the research issues related to these projects. The findings of this review are contained in Volume I: Approaches to Defining and Measuring the Community Adjustment of Mentally Retarded Persons--A Review of the Literature.

2. to describe the current patterns of deinstitutionalization based on a mail survey of 250 institutions across the nation involved in deinstitutionalizing mentally retarded persons. Volume II: Profile of National Deinstitutionalization Patterns 1972-1974 summarizes the findings of this survey.

3. to describe the deinstitutionalization procedures and policies of 10 selected residential institutions serving mentally retarded persons based on field visits made to these facilities by project staff. The findings of these visits are published in Volume III: Case Studies of the Deinstitutionalization Procedures of Ten Selected Institutions Serving Mentally Retarded People.

4. to describe the community experiences of mentally retarded persons, based on interviews with 440 clients (released from the selected institutions described in objective 3) and their "families" (e.g., parents, foster parents, guardians, or whoever was providing care and supervision for the client in the community setting). This descriptive data is presented in Volume IV: Descriptive Data on the Community Experiences of Mentally Retarded Persons.

5. to determine what institutional, client, and community factors contribute to successful community adjustment based on the interviews described in objective 4 and on institutional data collected during the field visits to the ten institutions. Volume V: An Analysis of Factors Contributing to Community Adjustment presents the findings of this analysis.

6. to summarize the findings of the previous 5 volumes and to provide recommendations to USOE for further research related to deinstitutionalization based on the analysis of the data collected according to the objectives described above. These findings are published in Volume VI: Executive Summary--Overall Findings and Recommendations.

Overall Research Design

The overall research design employed in this study is depicted graphically in Table A. As can be seen from the table, there were four major phases to the study design: 1) conceptualization; 2) instrument design; 3) data collection; and 4) analysis and report writing. The findings reported in Volumes 1-6 were based upon the procedures undertaken in each of the four phases. In order to present an overall picture of the research design, the phases will be briefly described in this section. More detailed information on these phases as they relate to each of the specific volumes is presented in the "Methodology" section of each individual volume.

Conceptualization

The first major phase involved developing a conceptual model of deinstitutionalization and the community adjustment process. First, a review of the literature was conducted. Based on the findings of this review (reported in Volume I), a model was developed setting forth the study's assumptions about the process of deinstitutionalization and community adjustment. The model included nine sets of variables which encompassed the major characteristics of deinstitutionalization and the community adjustment experiences. The nine sets of variables are listed at the bottom of Table A (see "a" in Table A). More specific information on the content of these variables and their role as independent and dependent measures is contained in the "Methodology" section of each individual volume.

Instrument Design

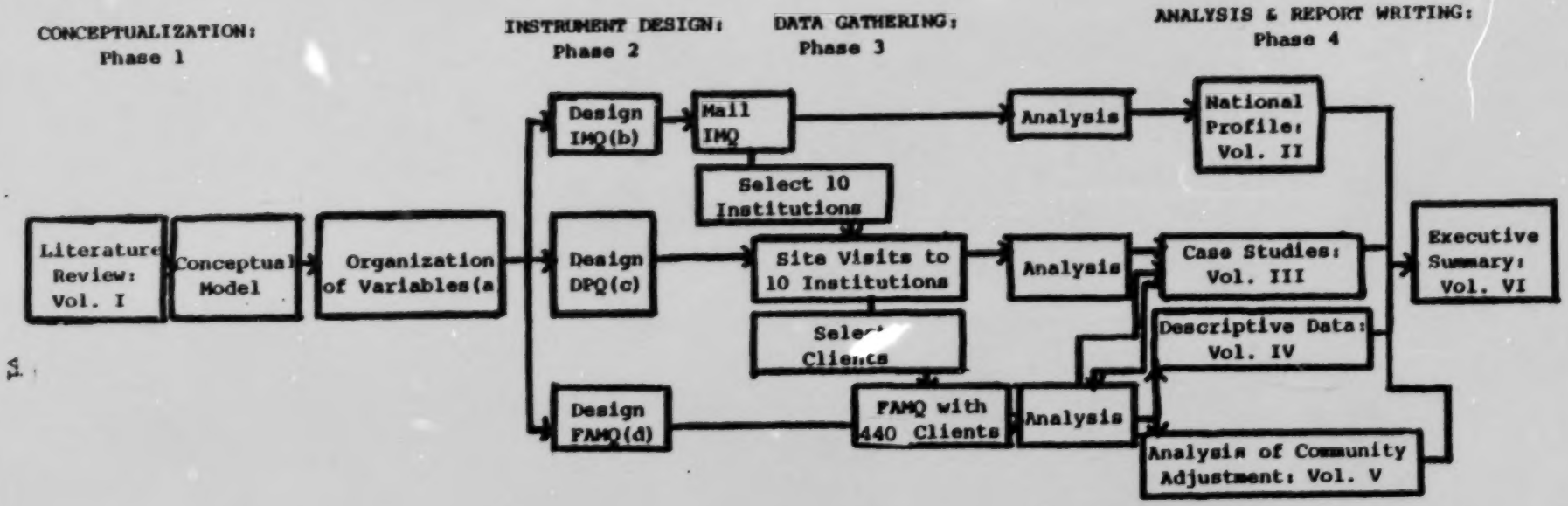
Three groups of instruments were designed to collect data on the nine variable sets:

1. Institutional Mail Questionnaire (IMQ) -- a mail questionnaire designed to obtain information on the deinstitutionalization procedures and release patterns of 250 institutions across the nation serving mentally retarded clients.

2. Deinstitutionalization Procedures Questionnaire (DPQ) -- a questionnaire designed to survey ten institutions selected for in-depth case study descriptions regarding deinstitutionalization and pre-release policies, procedures and programs.

TABLE A.

OVERALL RESEARCH DESIGN.



(a) Sets of Variables

- Client Characteristics
- Institutional Characteristics
- Community Characteristics
- Residential Characteristics
- Day Activity Experiences
- Residential Experiences
- Services and Training
- Social & Civic Activities
- Problems & Interpersonal Relationships

(b) IMQ Data Areas

- Residential Population
- Release Patterns
- Pre-Release/Post-Release Services
- Institutional Clearance Procedures for Study

(c) DPQ Data Areas

- State Policies/ Legislation
- Client Assessment Procedures
- Pre-Release Programs
- Release Procedures
- Follow-Up Procedures and Support

(d) FAMQ Data Areas

- Interview with Client
- Interview with Family
- Adaptive Behavior Scale
- Client Data Recording Form
- Final Comments Sheet

3. "Family" Questionnaires (FAMQ) -- a series of instruments designed to obtain data on the community adjustment experiences of deinstitutionalized clients living in the community. The types of instruments included in the Family Questionnaire are listed at the bottom of Table A (see d in Table A). The instruments included an interview questionnaire to be administered to the deinstitutionalized client; a questionnaire administered to the client's family; an Adaptive Behavior Checklist (ABS) measuring the functional level of the client; a Client Data Recording Form (CDRF) obtaining demographic data from institutional records about the client (e.g., age, number of years institutionalized, date of discharge, etc.); and a Final Comments Sheet (FCS) to record the interviewer's impressions.

Data Gathering

The three sets of instruments described above were administered to the appropriate respondents in a sequential fashion. First, the IMQ was mailed to 250 institutions serving persons across the nation. Ten institutions were selected for in-depth case study descriptions (see "Methodology" sections of volumes for description of selection procedures used for IMQ respondents). The 10 institutions were then visited by project staff to collect data using the DPQ. Based on the data and on further contact with institutional staff, 440 deinstitutionalized clients released from their institutions were selected for study. (See "Methodology" section of volumes for descriptions of these selection procedures.) Finally, the FAMQ series of instruments was used to gather data on study group clients.

Analysis and Report Writing

The data described above were analyzed and reported in several ways. The findings based on IMQ data are reported in Volume II: Profile of National Deinstitutionalization Patterns, 1972-1974. The data obtained from the DPQ was analyzed in two ways: 1) case study descriptions of the individual institutions and a cross-case study summary which is reported in Volume III: Case Studies of the Deinstitutionalization Procedures of Ten Selected Institutions Serving Mentally Retarded People; and 2) portions of the DPQ data served as independent variables for the analysis reported in Volume V: An Analysis of Factors Contributing to Community Adjustment. Similarly, the FAMQ data were analyzed in several ways: 1) data on the community experience of clients in the study group are reported descriptively in Volume IV: Descriptive Data on the Community Experiences of Mentally

Retarded Persons and also in the final chapter of each institution's case study description in Volume III; 2) FAMQ data are organized into independent and dependent measures of community adjustment and reported in Volume V: An Analysis of Factors Contributing to Community Adjustment. All of the data collected and reported in Volumes 1-5 were then analyzed in terms of their implications for overall study findings and recommendations. These overall findings and recommendations are reported in Volume VI: Executive Summary.

Organization of the Volume

This volume describes national patterns of the community placement of deinstitutionalized mentally retarded persons between 1972 and 1974. Section 1.0 serves as the Methodology chapter, describing the various steps taken to design, collect, and analyze the data. Sections 2.0 - 4.0 present the data collected for this volume, including institutional characteristics and release patterns of the responding institutions. These chapters are followed by Section 5.0, a brief summary of the data presented, and an Appendix and Glossary. The Glossary defines the major terms used in this study (such as "target clients," "deinstitutionalization," etc.).

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1.0 INTRODUCTION

1.1 The Purpose of This Volume

This volume describes national patterns of the community placement of deinstitutionalized mentally retarded persons between 1972 and 1974. The information reported here was obtained in the fall of 1974 through a mail questionnaire (Institutional Mail Questionnaire) sent to approximately 250 institutions serving mentally retarded persons across the country. One hundred and fifty-four institutions responded, and it is their responses which are analyzed in this report. The report describes 13,158 persons released in terms of their individual characteristics (age and level of retardation); the type of community placement to which they were released (natural home, foster home, group home, or independent living); and the characteristics of the releasing institutions (population, auspices, geography, pre-release and post-release services). Only those who were released to community settings, who were between the ages of 6 and 40, and had lived in the institution for at least two years prior to their release were included in the analysis. An additional 6,015 persons met the age and residential criteria, but were not included because they were released to other institutional settings rather than to community settings. In addition, there were other releases that did not meet the age and residential criteria, i.e., persons over 40 or under 6 years of age, as well as persons who had not resided at the institution for at least two years.

1.2 The Institutional Mail Questionnaire

The mail questionnaire (Institutional Mail Questionnaire) was designed with two purposes in mind:

(1) To provide data on institutions which would enable the project staff to select ten institutions for participation in the main study of community adjustment of deinstitutionalized mentally retarded persons; and

(2) To provide data for developing a national "profile" of deinstitutionalization patterns. The profile would be used for two purposes: first, it would stand on its own as a report on these patterns; second, it would provide a

base for comparison of the information gathered on the ten institutions used in the deinstitutionalization study.

The Institutional Mail Questionnaire collected information in five categories:

(1) the control and location of the institutions;
(2) the residential population of the institution;
(3) a subset of institutional releases called the "target group;"
(4) institutional services; and
(5) procedures for following up clients released from the institution.

The contents of this volume are based upon the information gathered in the first four categories. The fifth category of information was used solely for selection of the ten institutions.

The Institutional Mail Questionnaire was purposefully designed to be as short as possible. It was contained entirely on four printed sides of a folded sheet of paper. The items were highly focused to avoid the gathering of information which did not address one of the purposes stated above.

1.3 Procedures

The steps leading up to the completion of this volume were:

(1) Design of the Institutional Mail Questionnaire (IMQ).
(2) Submission of the IMQ to the Office of Management and Budgeting for clearance and receipt of approval.
(3) Development of the mailing list of institutions. This list of institutions was obtained from the National Center on Health Statistics, which provided a list of institutions nationally serving mentally retarded persons.
(4) Mailing of the Institutional Mail Questionnaire to institutions took place in the fall of 1974. A follow-up mailing took place in December, 1974.
(5) Calls to non-respondents. Virtually all of the institutions not responding to the questionnaire were called during January and February, 1975 to encourage them to respond, and to find out why they had not.

(6) A profile of the data was established in the spring of 1975.

(7) Analysis of the profile data was begun in the fall of 1976. The analysis consisted of a tabular presentation of data in the following categories: sample characteristics, release patterns, institutional characteristics, and target client releases.

1.4 Limitations of the Data

There were several limitations on the data obtained through the Institutional Mail Questionnaire:

(1) Definitions for some key terms in the IMQ have not have been adequately operationalized. Specifically, no operational definition was provided for the term "releases." This was an unfortunate oversight. The term "releases" was intended to include both formal discharges and extended visits where the resident lives in the community for an indefinite period of time, but is still on the institutional rolls. Undoubtedly, some institutions might have interpreted the term "releases" to mean only formal discharges. To the extent this is true, the numbers reported are biased in favor of more mildly retarded older persons who are more likely to be formally discharged than younger, more severely retarded persons. On the other hand, some institutions might have included short-term visits such as a month's visit to parents, and thus introduced the opposite bias. It is, therefore, difficult to state what type of bias might have resulted by misunderstanding of this term.

Moreover, no operational definitions were given for types of community placements listed in the questionnaire. An effort was made to choose widely used terms, but again, their use and meaning varies. Thus, in some states, the term "group home" has a very specific meaning, whereas in others it can include situations in which there are four to fifty residents. This probably did not create too much difficulty, however, as evidenced by the fact that a relatively small proportion of releases were to "other settings," and that a clear definition was provided for "community settings" in general.

(2) Many institutions did not have the information about releases readily available, and in compiling it, may have made errors.

(3) Information on the total institutional population was obtained only for the time when the questionnaire was completed (fall of 1974), and not for each of the three years during which releases took place. This meant that it was only possible to talk about the percentage of the total institutional population which was released for 1974, and not for the three years studied.

In sum, the national profile contained in this volume is a highly focused one. It describes, in some detail, the pattern of placements for a selected sub-set of institutionalized mentally retarded persons; those who were between the ages of 6 and 40 when released, who had been institutionalized for at least two years prior to their release, and who were released to a community setting.

2.0 SAMPLE CHARACTERISTICS

The Institutional Mail Questionnaire was used to collect basic demographic information on the responding institutions along with information on the types of pre- and post release programs available during the period under study. In this section, the number of public and private institutions responding, their geographic location, population figures, the types of programs and services available will be reported. Finally, a summary of the responding institutions is provided.

2.1 Location and Control of Institutions

The 154 institutions responding to the mail survey were located in all sections of the continental United States. As Table 2.0-1 indicates, the geographic section with the greatest number of responding institutions was the North Central region (30%).* Nearly three-quarters of the institutions were publicly controlled facilities. The South and the West had larger percentages of publicly controlled facilities than the Northeast and North Central regions.

Table 2.0-1

Institutional Location and Type of Control (Number and Percent)

Region	Public	Private	TOTAL
Northeast	32 (71%) [28%]	13 (29%) [31%]	45 (100%) [29%]
North Central	30 (65%) [27%]	16 (35%) [38%]	46 (100%) [30%]
South	31 (82%) [28%]	7 (18%) [17%]	38 (100%) [25%]
West	19 (76%) [17%]	6 (24%) [14%]	25 (100%) [16%]
TOTALS	112 (73%) [100%]	42 (27%) [100%]	154 (100%) [100%]

*See the Glossary for definition of the regions.

2.2 Population Residing in Responding Institutions

Residential population figures were gathered on the total population in the 154 institutions in the fall of 1974. The facilities reported a combined population of 103,555 residents with a range of 71 to 3,983 residents and a mean population of 681 residents.

Institutions were grouped intc four size categories each containing about one-quarter of the institutions. As Table 2.0-2 shows, more than a quarter of the institutions served between 150-499 residents (28% of the sample), while slightly less than a quarter served less than 150 clients. Nearly another quarter served more than 1,000 residents.

2.2.1 Population of Institutions by Geographic Region

In both the Northeast and the South, the most common size for an institution was 1,000 or more residents. In the West and North Central regions, on the other hand, this category was the smallest. The most common size for Western institutions was between 150 and 500 residents. Clearly, then, in general, responding institutions were larger in the Northeast and South than in other parts of the country.

2.2.2 Population of Institutions According to Type of Control

Table 2.0-3 illustrates the distribution of private and public facilities according to the number of residents enrolled in in the fall of 1974. Two-thirds (65%) of the 110 public facilities had more than 500 residents while none of the 42 private facilities served more than 500 residential clients. In fact, two-thirds (67%) of the private facilities reported that they had less than 150 persons enrolled in their facilities in the fall of 1974. Thus, it seems clear that public institutions are, on the average, much larger than private ones, for the sample studied.

Table 2.0-2

Institutional Size and Region (Number and Percent)

Region	Group I (I-149)	Group II (150-499)	Group III (500-999)	Group IV (1000+)	TOTALS
Northeast	10 (23%) [27%]	12 (27%) [28%]	6 (14%) [17%]	16 (36%) [43%]	44 (100%) [29%]
North Central	13 (29%) [35%]	11 (24%) [25%]	14 (31%) [40%]	7 (16%) [19%]	45 (100%) [30%]
South	8 (21%) [22%]	9 (24%) [21%]	8 (21%) [23%]	13 (34%) [35%]	38 (100%) [25%]
West	6 (24%) [16%]	11 (44%) [26%]	7 (28%) [20%]	1 (4%) [3%]	25 (100%) [16%]
TOTALS	37 (24%) [100%]	43 (28%) [100%]	35 (23%) [100%]	37 (25%) [100%]	152 (100%)

Table 2.0-3

Type of Control by Institutional Size (Number and Percent)

SIZE CATEGORIES

TYPE OF CONTROL	Group I (1-149)	Group II (150-499)	Group III (500-999)	Group IV (1000+)	TOTALS
PUBLIC	9 (8%) [24%]	29 (26%) [67%]	35 (32%) [100%]	37 (34%) [100%]	110 (100%) [72%]
PRIVATE	28 (67%) [76%]	14 (33%) [33%]	0	0	42 (100%) [28%]
TOTALS	37 (24%) [100%]	43 (29%) [100%]	35 (23%) [100%]	37 (24%) [100%]	152 (100%) [100%]

2.3 Size of Institutionalized Mentally Retarded Population Between Ages 6-40

There were reportedly 79,129 mentally retarded persons between the ages of 6 and 40 years residing in the 154 institutions in the fall of 1974. This constituted approximately 76% of the total institutional population. The remaining 24% were in the institutions for reasons other than mental retardation or were not within the specified age range of the study population. The average number of mentally retarded persons in the institutions was 524, with a range of 27 to 2,065 persons. As can be seen on Table 2.0-4, only 17% of the institutions were in Group IV (1000 or more mentally retarded residents between 6 and 40 years), while a little over a quarter of the institutions were in each of the other size groups.

Table 2.0-4

Institutions by Size of Mentally Retarded Population Between 6-40 Years of Age (Number and Percent)

Size of Mentally Retarded Population in Institutions	Number of Institutions	Percent of Total Sample
Group I (27-149 mentally retarded residents)	44	29%
Group II (150-499 mentally retarded residents)	39	26%
Group III (500-999 mentally retarded residents)	42	28%
Group IV (1000 and over mentally retarded residents)	26	17%
TOTAL	151	100%

2.4 Pre-Release Programs Offered by Institutions

Institutions were asked which of seven types of pre-release services were available at their facilities for each of the three years under study. The pre-release programs, listed below, are specifically designed to provide training in various skill areas considered necessary for living in the community. The programs were:

- comprehensive periodic review performed at least annually;
- vocational/pre-vocational training;
- educational training;
- independent living skills training;
- pre-release independent living units;
- pre-release work/school programs in the community; and
- other*

2.4.1 Number and Types of Pre-Release Programs Offered by Year

Table 2.0-5 shows the percentage of institutions who reported offering the various types of pre-release services for each year between 1972 and 1974. The most common pre-release service offered each year was educational training with close to 90% of the responding institutions providing pre-release educational training each year. The next most frequent types of pre-release programs available in the institutions were vocational/pre-vocational training and independent living skills units. Each of these programs was available in close to 80% of the institutions each year.

Pre-release independent training units were available in a little more than a quarter of the institutions in 1972. By 1974, 44% of the institutions responding reported having such a program. Gains were also reported in the number of institutions offering pre-release work/school programs in the community. In 1972, almost half the institutions reported having community based work/school programs. By 1974, this had increased to nearly two-thirds of the institutions.

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*Specific definitions for each type of program were not given in the IMQ. Therefore, the institutions were required to categorize their programs by this list as they deemed appropriate.

Table 2.0-5

Institutions Offering Pre-Release Services and Programs 1972-1974 (Number and Percent)

Type of Service/Program	1972 N=154	1973 N=154	1974 N=154
None	11 7%	9 6%	9 6%
Comprehensive Periodic Review at least annually	102 67%	118 77%	126 82%
Vocational/Pre-vocational	120 78%	126 82%	127 83%
Educational Training	135 88%	137 90%	136 89%
Independent Living Skills Unit	113 74%	126 82%	129 84%
Pre-Release Independent Living Units	42 27%	56 37%	68 44%
Pre-Release Work/School Programs in the Community	75 49%	89 58%	95 62%
Other	15 10%	15 10%	15 10%

Table 2.0-6 shows the number of institutions offering different numbers of pre-release programs for each year under study. As indicated, the average number of programs offered by the institutions increased slightly from 1972 to 1974. Whereas in 1972 18% of the institutions offered as many as six pre-release programs, by 1974, 27% of the institutions had as many as six programs. Meanwhile, the percentage of institutions offering 3 or fewer programs decreased over the three year period while the percentage of institutions offering more than 4 programs increased.

Table 2.0-6

Institutions Offering Different Number of Pre-Release Programs by Year

Number of Programs	1972 N=154	1973 N=154	1974 N=154
0	11 7%	8 6%	8 6%
1	8 6%	5 3%	5 3%
2	12 8%	5 3%	5 3%
3	21 14%	16 10%	12 8%
4	28 18%	31 20%	26 17%
5	43 28%	49 31%	51 33%
6	28 18%	34 22%	41 27%
7	3 2%	6 4%	6 4%
Average Number	3.9	4.3	4.5

2.4.2 Relationship Between Number of Pre-Release Programs and Institutional Size

Several interesting patterns emerged when the average number of pre-release programs offered by the institutions was compared with the residential size of the institution. Two-thirds of the nine institutions reporting no pre-release programs between 1972 and 1974 had residential populations of less than 150 clients (see Table 2.0-7). For those 36 institutions offering an average of between one and three programs each year, over two-thirds had less than 500 residents. In general, the larger institutions reported a higher average number of pre-release programs. However, while about two-thirds of those institutions whose residential population was between 500 to 999 residents reported offering an average of five pre-release programs each year, only a little more than half (57%) of the institutions serving 1,000 or more residents had as many programs. Thus, it seems that very large institutions tend to have fewer services than medium sized institutions.

Table 2.0-7

Institutional Size and Average Number of Pre-Release Programs (Number and Percent)

Average Number of Pre-Release Programs Per Year	Institutional Size				
	1-149	150-499	500-999	1000 and over	TOTALS
No pre-release programs	6 (67%) [16%]	2 (22%) [5%]	0	1 (11%) [3%]	9 (100%) [6%]
Average of 1-3 programs per year	8 (22%) [22%]	17 (47%) [39%]	4 (11%) [11%]	7 (20%) [19%]	36 (100%) [24%]
Average of 4 programs per year	11 (35%) [30%]	3 (10%) [7%]	9 (29%) [26%]	8 (26%) [22%]	31 (100%) [20%]
Average of 5 programs per year	7 (14%) [19%]	15 (31%) [35%]	14 (28%) [40%]	13 (27%) [35%]	49 (100%) [32%]
Average of 6 or more programs per year	5 (18%) [13%]	6 (22%) [14%]	8 (30%) [23%]	8 (30%) [21%]	27 (100%) [18%]
TOTALS	37 (24%) [100%]	43 (28%) [100%]	35 (23%) [100%]	37 (24%) [100%]	152 (100%) [100%]

2.5 Post-Release Services Offered by Institutions

Information was gathered on the number and types of post-release services offered by the institutions. These services were ones which the institution offered to its released clients and do not include other post-release services available to these clients from other sources such as community agencies. Services were categorized as:

- social work;
- medical/dental care;

- respite care; and
- other (unspecified).*

2.5.1 Number and Types of Post-Release Services Offered by Year

Table 2.0-8 shows the percentage of institutions who reported offering each type of post-release service by year. For all three years, the most common post-release service reported was social work. The percentage of institutions offering this service increased from 59% in 1972 to 64% in 1974. Medical and dental care was offered by less than half the institutions across all three years. Respite care increased in availability from 57% of the institutions having such a program in 1972 to 64% in 1974 while the number of "other" post-release services remained fairly stable over the three-year period.

Little variation in the number of post-release services offered across the three-year period was evident. There was a slight decrease in the number of institutions offering no post-release services (from 27% to 24%), and a more marked increase in those offering three services (from 31% to 37%).

2.5.2 Relationship Between Post-Release Services and Institutional Size

The number of post-release services increased as the residential size of the institution increased. Of the 34 facilities offering no post-release services during the period under study, three-quarters were facilities serving less than 500 residents (see Table 2.0-10). For those facilities offering an average of more than three services each year, almost two-thirds served over 500 clients. As with pre-release programs, the category of institutions generally having the largest number of post-release services was the 500-999 size, with the largest institutions (1,000 or more) having fewer such services.

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*As stated earlier concerning pre-release programs, definitions or specifications for these services were not included on the IMQ. Thus, the institutions were required to categorize their post-release services into the list provided. "Other" services represents a broad, unspecified range of services.

Table 2.0-8

Institutions Offering Post-Release Services (Number and Percent)

Type of Post-Release Service	1972 (n = 154)	1973 (n = 154)	1974 (n = 154)
None	42 27%	40 26%	36 24%
Social Work	91 51%	95 62%	98 64%
Medical/Dental Care	73 48%	74 48%	75 49%
Respite Care	87 57%	91 59%	98 64%
Other	23 15%	22 14%	23 15%

Table 2.0-9

Institutions Offering Different Number of Post-Release Services by Year (Number and Percent)

Number of Services	1972 (n = 154)	1973 (n = 154)	1974 (n = 154)
0	42 27%	40 26%	36 24%
1	20 13%	20 13%	20 13%
2	31 20%	28 18%	29 19%
3	48 31%	54 35%	56 37%
4	12 8%	11 7%	12 8%

Table 2.0-10

Institutional Size and Post-Release Services Offered (Number and Percent)

Average Number of Post-Release Services Per Year	1-149 Residents	150-499 Residents	500-999 Residents	1000 and Over	TOTALS
None	17 (50%) [46%]	10 (29%) [23%]	2 (6%) [6%]	5 (15%) [13%]	34 (100%) [22%]
Average of 1 service	7 (26%) [19%]	7 (26%) [16%]	5 (19%) [14%]	8 (29%) [22%]	27 (100%) [18%]
Average of 2 services	6 (17%) [16%]	12 (35%) [28%]	8 (24%) [23%]	8 (24%) [22%]	34 (100%) [22%]
Average of 3-4 services	7 (12%) [19%]	14 (25%) [33%]	20 (35%) [57%]	16 (28%) [43%]	57 (100%) [38%]
TOTALS	37 (24%) [100%]	43 (29%) [100%]	35 (23%) [100%]	37 (24%) [100%]	152 (100%) [100%]

2.6 Summary of Sample Characteristics

The Institutional Mail Questionnaire collected information from 154 institutions serving mentally retarded people, nearly three-quarters of which were public facilities. These institutions were located throughout the continental United States with the North Central region having the greatest number of responding institutions (30% of the total sample). The largest institutions were located in the Northeast and South. Three-quarters of the institutions serving less than 150 residents were privately controlled and located in the North Central region. Nearly three-quarters of the population residing in the institutions were mentally retarded persons between the ages of 6 and 40 years.

Pre-release programs were available in more than 90% of the responding institutions during each year under study. The most common pre-release program across all three years was educational training, while the least common was pre-release independent living units. The average number of pre-release programs was about four for each year per institution. The number of pre-release programs increased notably between 1972 and 1974.

Post-release services were available in roughly three-quarters of the institutions during the period under study. The most frequent service provided was respite care in 1972 and social work in both 1973 and 1974. Over half the institutions reported an average of three to four post-release programs per year. The number of post-release services did not vary appreciably between 1972 and 1974.

For both pre- and post-release services, institutions with fewer than 500 residents had fewer services. The largest number of services tended to be in the medium large institutions of between 500 to 999 residents. The largest institutions (over 1,000 clients) had fewer services than these medium large institutions, but more than the smaller ones.

3.0 RELEASE PATTERNS

The Institutional Mail Questionnaire collected information on client releases from the responding institutions for the period between January 1, 1972 and December 31, 1974. There were two basic criteria for the clients considered in this study: (1) that the client was between the ages of 6 and 40 years at the time of his/her release; and (2) that the client had resided at the institution for at least two years prior to release. The overall release figures reported in Section 3.1 refer to the total number of released clients meeting these criteria without specifying the type of placements to which the clients were released, i.e., community residences, nursing homes, or other institutional facilities. Target releases refer to those clients released only to community residences as defined in this study: natural/adoptive homes, foster homes, group homes, independent living situations, or other types of community-based residences (see glossary for expanded definitions of these settings). It is this target group which is the focus of the study and thus, information presented in relation to client age, level of retardation, and type of community placement always refers to target client releases.

3.1 Overall Releases

The 154 responding institutions reported that during 1972, 1973 and 1974, 19,173 mentally retarded persons were released either to community residences or to nursing homes or to other institutional facilities. The mean number of releases was 135 per institution for the three years, ranging from 0 to 946 releases.

3.2 Target Client Releases

The number of these clients released to community settings over the three year period was 13,158 or 69% of all the releases examined. That is, for the identified population of mentally retarded persons, almost 70% were released to community settings (as defined by our study). Slightly over 30% (the difference between the overall releases and the target client releases) were transferred essentially from one institutional setting to another. It should be noted that the over 40 age population who would be most likely to be released to a nursing home was specifically excluded from this sample.

Virtually the same number of target clients were released in 1972, 1973, and 1974. By a slight margin, the largest number of target client releases occurred in 1973 when 4,584 target clients left for community settings. (See Table 3.0-1.)

As mentioned in Section 2.2, institutional population figures were only collected for 1974. While the proportion of releases to the residential populations of 1972, and 1973 cannot be reported, these figures were available in the final year under study. In 1974, a total of 4,831 target clients were released from the responding institutions, representing 5% of the overall institutional population, and 6% of those residents who were between the ages of 6 to 40 years (the specified age range for target clients).

Table 3.0-1

Target Client Releases by Year

	1972	1973	1974	Over Three Year Period
Number of Institutions Who Released Target Clients	146	146	147	149
Number of Institutions Who Released No Target Clients	23	18	13	12*
Number of Total Releases	4,271	4,584	4,303	13,158
Mean Number of Releases Per Institution	29	31	29	88

*There were twelve institutions who released no target clients during any of the three years between 1972 to 1974.

3.2.1 Target Client Releases by Age Group

As stated earlier, the age range specified for inclusion in the target group was 6 - 40 years of age at the time of release. Two age categories were then established: children and youth (ages 6 - 18 years) and adults (ages 19 - 40 years). The total number of children and youth released from

the sample institutions between 1972 and 1974 was reported at 4,161 persons, or 32% of the entire target group. The number of children and youth released ranged from 0 to 300 and the mean number released was 29 clients per institution.

The total number of adults released from the sample institutions between 1972 and 1974 was 8,997 or 68% of the entire target group released. The numbers of adults released ranged from 0 to 418 and the mean number of adult releases was 64 per institution.

3.2.2 Target Client Releases by Level of Retardation

Institutions were asked to report target client releases by four levels of retardation: mildly retarded (IQ 68-52), moderately retarded (IQ 51-36), severely retarded (IQ 35-20), and profoundly retarded (IQ 19 and below). As Table 3.0-2 indicates, the largest group of released target clients by level of retardation were mildly retarded (4,624 clients or 43% of the total target group) and nearly a third were moderately retarded. Thus, 75% of all target releases were either mildly or moderately retarded persons. Twenty percent were severely retarded and the remaining 5% were profoundly retarded.

3.2.3 Target Client Releases by Type of Community Placement

Five types of community placements for target clients were specified: natural/adoptive homes, foster homes, group homes, independent living situations, and other residential settings (not including nursing homes, or other institutional facilities serving 100 or more clients. Table 3.0-2 shows the percentage of target clients released to each of the five types of community settings. As the table indicates, the most common type of community placement was to natural/adoptive homes (40%). The least common placement was to "other" placements (5%) and over a quarter (29%) of the released target clients were placed in group homes.

3.2.4 Summary of Total Target Client Releases

The largest single group of target clients who were released during the 1972-1974 period were mildly retarded clients placed in natural/adoptive homes (17% of the total target group). The second most frequent placements

Table 3.0-2

Target Client Releases by Level of Retardation and Type of Placement (Number and Percent)

Level of Retardation \ Community Placement	Natural/ Adoptive Home	Foster Home	Group Home	Independent Living	Other	TOTAL
Mildly Retarded (IQ 68-52)	2263 17%*	673 5%	1547 12%	885 7%	256 2%	5624 43%
Moderately Retarded (IQ 51-36)	1551 12%	931 7%	1270 10%	259 2%	214 2%	4225 32%
Severely Retarded (IQ 35-20)	1155 9%	530 4%	813 6%	18 <1%	121 1%	2637 20%
Profoundly Retarded (IQ 19 and below)	349 37%	102 1%	202 2%	1 <1%	18 <1%	672 5%
TOTAL	5318 40%	2236 17%	3832 29%	1163 9%	609 5%	13,158 100%

*The percent given in each cell is the percentage of the total number of target client releases.

were mildly retarded clients released to group homes (12% or 1,547 clients) and moderately retarded clients placed in natural/adoptive homes (12% or 1,551 clients). Mildly or moderately retarded target clients released to natural/adoptive homes thus constitute 29% of the total target group.

Of those clients classified as severely or profoundly retarded (25% of the total target group), 45% were placed in natural/adoptive homes and 31% were placed in group homes. Twelve percent of the mildly and moderately retarded residents were placed in independent living situations as compared to less than 1% of the severely and profoundly retarded clients released.

3.3 Children and Youth Target Client Releases

As stated earlier, clients between the ages of 6 and 18 were categorized as children or youth. This group (n = 4,161) constituted 32% of the entire population.

As Table 3.0-3 indicates, 41% of the children and youth released were mildly retarded, and a little over a quarter were moderately retarded. Thus, 70% of the entire children and youth released group were either mildly or moderately retarded while only eight percent were profoundly retarded.

Over half of the children and youth releases (59%) were placed in their natural/adoptive homes. The second most frequent community placement, to which 21% of the children and youth were released, was to foster homes. The least common residential setting, not surprisingly, was to independent living situations (3%).

3.4 Adult Target Client Releases

The adult target releases (age 19-40 years) constituted 68% (n = 8,997) of the entire target group. Table 3.0-4 shows the distribution of adult releases by level of retardation and type of community placement. Over three-quarters were mildly or moderately retarded, 19% were severely retarded and 4% were profoundly retarded.

Nearly half the adults released were placed in either natural/adoptive homes (32%) or foster homes (15%). More than a third were placed in group homes while 11% were placed in independent living situations.

Table 3.0-3

Children and Youth (Ages 6 through 18) Releases by Type of Setting and Level of Retardation (Number and Percent)

Level of Retardation \ Community Placement	Natural/ Adoptive Home	Foster Home	Group Home	Independent Living	Other	TOTAL
Mildly Retarded (IQ 68-52)	1127 27%*	235 6%	194 5%	120 3%	50 1%	1726 41%
Moderately Retarded (IQ 51-36)	649 16%	350 8%	169 4%	15 1%	22 1%	1205 29%
Severely Retarded (IQ 35-20)	488 12%	233 6%	186 4%	0	12 1%	919 22%
Profoundly Retarded (IQ 19 and below)	179 4%	59 1%	72 2%	0	1 1%	311 8%
TOTAL	2443 59%	877 21%	621 15%	135 3%	85 2%	4161 100%

*Percent given is the cell percent of the total released group.

Table 3.0-4

Adult Releases (Ages 19 through 40) By Type of Placement and Level of Retardation (Number and Percent)

Level of Retardation \ Community Placement	Natural/ Adoptive Home	Foster Home	Group Home	Independent Living	Other	TOTAL
Mildly Retarded (IQ 68-52)	1136 13%	438 5%	1353 15%	765 9%	206 2%	3898 43%
Moderately Retarded (IQ 51-36)	902 10%	581 6%	1101 12%	244 3%	192 2%	3020 34%
Severely Retarded (IQ 35-20)	667 7%	297 3%	627 7%	18 <1%	109 1%	1718 19%
Profoundly Retarded (IQ 19 and below)	170 2%	43 <1%	130 1%	1 <1%	17 <1%	361 4%
TOTAL	2875 32%	1359 15%	3211 36%	1028 11%	524 6%	8997 100%

3.5 Comparison of Children and Youth and Adult Releases

It is interesting to note that a larger percentage of the children and youth released were either severely or profoundly retarded (30%) than of the adults released (23%). This perhaps reflects the greater optimism towards preparing severely retarded children for independence than exists towards adults, and perhaps is also a reflection of the growth of day (school) programs for children regardless of level of retardation. Finally, it may also represent a greater willingness for community persons to accept responsibility for severely retarded children and greater reluctance to do so for severely handicapped adults.

It is also interesting to compare the types of placements for both age groups. While over half (59%) of the children and youth releases were to natural/adoptive homes, only about a third (32%) of the adult group were so placed. Another third of the adult group were placed in group homes as compared to 15% of the clients under age 19. Not surprisingly, independent living situations received many more adults than children and youth.

3.6 Relationship Between Community Placement and Level of Retardation

Several interesting patterns developed in the types of residential settings to which the target clients were released. Tables 3.0-5 and 3.0-6 show the percentage of children and youth and of adults placed into various types of residential settings according to their level of retardation. Natural/adoptive homes received more than half of all children and youth releases regardless of the level of retardation. However, placement in natural/adoptive homes for adults increased as the level of retardation increased. For example, less than 30% of the mildly retarded adults were released to their natural/adoptive homes, whereas close to 50% of the profoundly retarded adults released were placed in natural/adoptive homes.

Foster homes received larger proportions of moderately and severely retarded clients regardless of age than they did of the mildly and profoundly retarded released populations. Group homes tended to receive an incrementally larger proportion of children and youth residents within each level of retardation as the severity of the level increased. For example, 11% of the mildly retarded children and youth were placed in group homes; 23% of the profoundly retarded children and youth were so placed. For adults, on the other hand,

Table 3.0-5

Children and Youth Releases to Residential Settings
By Level of Retardation (Number and Percent)

Level of Retardation \ Community Placement	Natural/ Adoptive Home	Foster Home	Group Home	Independent Living	Other	TOTAL (n=4161)
Mildly Retarded	1127 (65%)* [46%]**	235 (14%) [27%]	194 (11%) [31%]	120 (7%) [89%]	50 (3%) [59%]	1726 (100%) [42%]
Moderately Retarded	649 (54%) [27%]	350 (29%) [40%]	169 (14%) [27%]	15 (1%) [11%]	22 (2%) [26%]	1205 (100%) [29%]
Severely Retarded	488 (53%) [20%]	233 (25%) [27%]	186 (20%) [30%]	0 (0%) [0%]	12 (1%) [14%]	919 (100%) [22%]
Profoundly Retarded	179 (58%) [7%]	59 (19%) [7%]	72 (23%) [12%]	0 (0%) [0%]	1 (1%) [<1%]	311 (100%) [7%]
TOTAL	2443 (59%) [100%]	877 (21%) [100%]	621 (15%) [100%]	135 (3%) [100%]	85 (2%) [100%]	4161 (100%) [100%]

* Indicates row percentage.

**Indicates column percentage.

Table 3.0-6

Adult Releases to Residential Settings by Level of Retardation (Number and Percent)

Level of Retardation \ Community Placement	Natural/ Adoptive Home	Foster Home	Group Home	Independent Living	Other	TOTAL
Mildly Retarded	1136 (29%)* [40%]**	438 (11%) [32%]	1353 (35%) [42%]	765 (20%) [74%]	206 (5%) [39%]	3898 (100%) [43%]
Moderately Retarded	902 (30%) [31%]	581 (19%) [43%]	1101 (37%) [34%]	244 (8%) [24%]	192 (6%) [37%]	3020 (100%) [34%]
Severely Retarded	667 (39%) [23%]	297 (17%) [22%]	627 (37%) [20%]	18 (1%) [2%]	109 (6%) [21%]	1718 (100%) [19%]
Profoundly Retarded	170 (47%) [6%]	43 (12%) [3%]	130 (36%) [4%]	1 (1%) [<1%]	17 (5%) [3%]	361 (100%) [4%]
TOTAL	2875 (32%) [100%]	1359 (15%) [100%]	3211 (36%) [100%]	1028 (11%) [100%]	524 (6%) [100%]	8997 (100%) [100%]

* Indicates row percentage.

**Indicates column percentage.

more than one-third of all releases within each category of retardation were placed in group homes.

Independent living situations received smaller proportions of residents as the severity of the level of retardation increased. For example, of the mildly retarded adults released during the period under study, 20% were placed in independent living situations, while less than 1% of the profoundly retarded adults released from the sample institutions were so placed. Virtually no children or youth who were moderately, severely, or profoundly retarded were placed in independent living situations.

The tables also show the proportion of residents released to various community placements by level of retardation. Nearly three-quarters of all mentally retarded people released to natural/adoptive families, for both children and youth and adults, were either mildly or moderately retarded. Within each residential setting, mildly or moderately retarded clients comprised well over half the total number of clients released to each setting.

The vast majority of clients of all ages released to independent living situations were mildly and moderately retarded. Virtually no severely or profoundly retarded adults or children and youth were released to independent living situations. Releases to group homes were fairly evenly distributed within each level of retardation for children and youth. For adults, however, group homes received few profoundly retarded clients.

4.0 INSTITUTIONAL CHARACTERISTICS AND TARGET CLIENT RELEASES

In the previous section, target client releases during the period under study were discussed in relation to client age, level of retardation, and type of community placement. The characteristics of the releasing institutions, as described in Section 2.0, may have affected the types and number of target clients released. In this section, the relationship between institutional size and target releases will be discussed along the dimensions described above. The association of other institutional characteristics (such as location, type of control and number of pre- and post-release services) with the types and number of released target clients will then be summarized. Tables reporting the release figures along these latter dimensions are presented in the Appendix.

4.1 Institutional Size and Target Client Releases

Responding institutions were grouped into four size categories according to the reported number of residents in the fall of 1974 (see Section 2.2). The number of target releases being used is the total number of releases across the three years 1972-1974 while the reported total institutional population is for 1974. Therefore, no inferences about the proportion of the total institutional population released are made.

Not surprisingly, institutions serving less than 500 clients (Groups I and II) had a substantially lower total number of target client releases than larger institutions. As Table 4.0-1 indicates, only 20% of the total study group were released from small institutions while almost half (46%) of the study group were released from facilities serving 1,000 or more clients. More interesting is that Table 4.0-1 also shows that the number of releases for each age group varies according to institutional size. Nearly two-thirds (62%) of the releases from small institutions (under 150 residents) were children and youth while only approximately a quarter (26%) of the releases from larger institutions (1,000 or more residents) and about a third of the releases from middle size institutions (Groups II and II) were in this age group. Either institutions all have approximately the same percentage of children or youth, but small institutions are more likely to release them than larger institutions, or a larger proportion of the residents of small institutions are children or youth and this is reflected in their releases.

Table 4.0-2 shows the number of target clients released from institutions of various sizes according to level of retardation. A higher proportion of the clients released from smaller institutions were mildly retarded, while a higher proportion of clients released from larger institutions were severely and profoundly retarded. Clients released from medium-large institutions (Group III) were more likely to be profoundly retarded than those released from other institutions.

As with age, data on the proportion of the institutional population falling into categories representing levels of retardation was not gathered. Thus, no inferences can be made about level of retardation and proportion of releases that they represent across institutions. The fact that smaller institutions release fewer severely or profoundly retarded may be due to the fact that they have fewer such clients proportionately.

Table 4.0-3 summarizes releases by institutional size, age group and level of retardation. Age did not seem to influence the proportion of clients released across levels of retardation. Variations in releases by level of retardation appeared more associated with the size of institutions. And these differences may either be a function of the fact that smaller institutions tend to have less severely retarded populations than larger institutions, or they may be less likely to release clients who are more severely retarded.

Table 4.0-4 indicates that as the size of the institution increased its percentage of natural/adoptive home placements decreased or the percentage of target clients placed in group homes tended to increase. The placement patterns to natural/adoptive homes by small institutions are congruent with the data which show that they also tend to release younger clients who are less severely retarded. Small institutions (Group I) were also least likely to place clients in independent living situations. Middle-sized institutions (Groups II and III) were less likely to place clients in foster home settings than either the very large or small institutions. Natural families were the most common placement for clients for institutions of all sizes, but if age is taken into consideration, adults are more likely to be placed in either natural homes or group homes.

Table 4.0-1

Institutional Size and Target Client Releases
(Number and Percent)

Size Category	Children and Youth Released	Adults Released	Total Number of Releases	Total as Percent of Overall Target Releases
Group I (1-149 res.) n=34	510 (62%)	310 (38%)	820 (100%)	6%
Group II (150-499 res.) n=38	627 (35%)	1,155 (65%)	1,782 (100%)	14%
Group III (500-999 res.) n=35	1,423 (33%)	2,873 (67%)	4,296 (100%)	34%
Group IV (1,000 or more) n=32	1,517 (26%)	4,379 (74%)	5,896 (100%)	46%
TOTAL	4,077 (32%)	8,717 (68%)	12,794 (100%)	100%

Table 4.0-2

Institutional Size and Releases by Level of Retardation
(Number and Percent)

Institutional Size	LEVEL OF RETARDATION OF TARGET CLIENTS				
	Mild	Moderate	Severe	Profound	TOTAL
Group I (1-149) n=34	536 (65%)	216 (26%)	60 (7%)	8 (1%)	820 (100%)
Group II (150-499) n=38	910 (51%)	567 (32%)	248 (14%)	57 (3%)	1782 (100%)
Group III (500-999) n=35	1579 (37%)	1253 (29%)	1147 (27%)	317 (7%)	4296 (100%)
Group IV (1000 or more) n=32	2395 (41%)	2096 (36%)	1148 (19%)	257 (4%)	5896 (100%)

Table 4.0-3

Institutional Size and Target Releases by Age and Level of Retardation
(Number and Percent)

Size Category	LEVEL OF RETARDATION									
	CHILDREN AND YOUTH					ADULTS				
	Mild	Moderate	Severe	Profound	TOTAL	Mild	Moderate	Severe	Profound	TOTAL
Group I n=34	334 (65%)	129 (25%)	39 (8%)	8 (2%)	510 (100%)	202 (65%)	87 (28%)	21 (7%)	0	310 (100%)
Group II n=38	355 (56%)	148 (24%)	88 (14%)	36 (6%)	627 (100%)	555 (48%)	419 (36%)	160 (14%)	21 (2%)	1155 (100%)
Group III n=35	420 (29%)	384 (27%)	455 (32%)	164 (12%)	1423 (100%)	1159 (40%)	869 (30%)	692 (24%)	153 (6%)	2873 (100%)
Group IV n=32	592 (39%)	532 (35%)	313 (21%)	80 (5%)	1517 (100%)	1803 (41%)	1564 (36%)	835 (19%)	177 (4%)	4379 (100%)

Table 4.0-4

Institutional Size and Type of Community Placement
(Number and Percent)

Institutional Size	TYPE OF COMMUNITY PLACEMENT					
	Natural/ Adoptive	Foster	Group	Independent	Other	TOTAL
Group I (1-149) n=34	399 (49%)	161 (20%)	160 (19%)	50 (6%)	50 (6%)	820 (100%)
Group II (150-499) n=38	832 (47%)	214 (12%)	481 (27%)	171 (9%)	84 (5%)	1782 (100%)
Group III (500-999) n=35	1804 (42%)	467 (11%)	1463 (34%)	424 (10%)	138 (3%)	4296 (100%)
Group IV (1000 or more) n=32	2171 (37%)	1383 (23%)	1547 (26%)	502 (9%)	293 (5%)	5896 (100%)

Table 4.0-5

Institutional Size and Target Releases by Age
And Type of Community Placement

Size Category	TYPE OF COMMUNITY PLACEMENT											
	CHILDREN AND YOUTH						ADULTS					
	Natural	Foster	Group	Independent	Other	TOTAL	Natural	Foster	Group	Independent	Other	TOTAL
Group I n=34	303 (60%)	82 (16%)	57 (11%)	25 (5%)	43 (8%)	510 (100%)	96 (31%)	79 (25%)	103 (33%)	25 (8%)	7 (3%)	310 (100%)
Group II n=38	425 (68%)	83 (13%)	70 (11%)	41 (7%)	8 (1%)	627 (100%)	407 (35%)	131 (11%)	411 (36%)	130 (11%)	76 (7%)	1155 (100%)
Group III n=35	837 (59%)	248 (17%)	305 (22%)	20 (1%)	13 (1%)	1423 (100%)	967 (34%)	219 (8%)	1158 (40%)	404 (14%)	125 (4%)	2873 (100%)
Group IV n=32	850 (56%)	455 (30%)	144 (10%)	48 (3%)	20 (1%)	1517 (100%)	1320 (30%)	928 (21%)	1403 (32%)	454 (10%)	273 (7%)	4378 (100%)

Table 4.0-5 shows the relationships among institutional size, client age and type of placement. Institutions of all sizes tended to release children to natural/adoptive homes. Children and youths released from large institutions were more likely to go to foster or group homes than those released from small institutions. Roughly one-third of the adult target clients were placed in natural/adoptive homes and another third in group homes. Size of the institution from which they were released was not associated with their pattern. The most striking variation was in the proportion of adults released to foster homes, with very small and very large institutions releasing over one-fifth of their adults to foster homes, compared to ten percent or less for middle-sized institutions.

4.2 Public and Private Facilities and Target Client Releases

Nearly three-quarters (72%) of the responding institutions were public facilities of which almost two-thirds had residential populations of more than 500 during the period under study. None of the private facilities responding had residential populations of more than 500 clients. Thus, while comparisons in the number of clients released from public and private facilities are confounded by size, the distribution of types of target releases can be discussed. Tables showing public and private facility target releases by age, level of retardation and type of community placement are in the Appendix (Tables A-1 to A-5).

The patterns of release for private institutions are similar to those for small institutions (less than 150 residents), perhaps indicating the confounding of these two measures. Nearly two-thirds (60%) of the target releases from private institutions were children and youth, compared to 30% of such target releases from public facilities. While nearly two-thirds (61%) of the overall target releases from private facilities were mildly retarded, 41% of the releases from public institutions were mildly retarded. Very few severely or profoundly retarded clients were released from private facilities while a quarter of those released from public facilities were severely or profoundly retarded. When the age level of target releases was considered, it was found that nearly two-thirds of the children and youth released from private facilities were mildly retarded while over half (53%) of the children and youth released from public facilities were either

moderately or severely retarded. The adult releases from public and private institutions did not vary substantially by level of retardation.

Both public and private facilities released children and youth target clients primarily to natural/adoptive homes. However, public facilities released children and youth target clients to more varied types of community placements than did private institutions. The patterns of community placements for adults were remarkably similar for public and private institutions.

4.3 Geographic Location of Institutions and Target Client Releases

Institutions were grouped by geographic region as discussed in Section 2.1. Tables showing the distribution of target releases by client age, level of retardation, and type of community placement are in the Appendix (see Tables A-6 to A-10). Of the four regions, the Northeast had the highest proportion of institutions serving 1,000 or more residents and released the most clients while Western institutions, two-thirds of which had residential populations of less than 500 clients, released the least target clients. Southern institutions tended to be large (half had residential populations of more than 500 clients) and released nearly a quarter of the total target group. Institutions in the North Central region were fairly evenly distributed within the various size categories and released approximately 30% of the total target population.

Over 80% of the target clients released from Northeastern institutions were mildly or moderately retarded and, correspondingly, had the lowest percentage of profoundly retarded client releases overall and for both age groups. The target clients released from North Central institutions, on the other hand, had the highest proportion of profoundly retarded releases in terms of overall releases and for both age levels. Target clients released from Southern institutions tended to be mildly or moderately retarded. Children and youth released from Western institutions were fairly evenly distributed by the four levels of retardation while almost three-quarters of the adult releases from this region were mildly or moderately retarded.

The community placements utilized by institutions in the four geographic regions varied considerably. These variations may indicate the range of available community residences as well as reflect the types of target

client released. Recalling that the natural home was the placement for 40% of all target releases, it is interesting to note that Southern institutions released nearly two-thirds of all target clients to natural/adoptive homes while North Central institutions placed nearly half of all releases in group homes. The North Central and Southern institutions were much less likely to place target clients in foster homes than institutions in other regions. In the Northeast and Western areas, overall target releases were fairly evenly distributed among natural/adoptive, foster, and group homes.

Natural/adoptive homes received the greatest proportion of the children and youth releases across all geographic regions but there was variation in the proportion of the overall children and youth releases this type of setting received. Nearly three-quarters of all children and youth released in the South were placed in natural/adoptive homes, while in the North Central and Western regions less than half of this age group were so placed. Group homes in the North Central region received almost a third of the children and youth released while only 8% were so placed in the South.

Over half of the target client adults released in the South were placed in natural/adoptive homes. In all other sections of the country, natural/adoptive homes received less than 30% of the adult releases. And again, as with children and youth releases, the North Central region released a high proportion (55%) of its adults to group homes. The Northeast released the highest proportion of adults to independent living situations (14%) of any of the four regions.

4.4 Pre- and Post-Release Services and Target Client Releases

As discussed in Sections 2.4 and 2.5, information was collected on the number and types of pre- and post-release programs and services offered by the responding institutions during the period under study. The number and types of target clients released from institutions with various services and programs is summarized in this section. Tables showing the distribution of target releases along the dimensions of age, level of retardation and types of community placement are found in the Appendix of this volume. (See Tables A-11 to A-22.)

It has been pointed out previously (in Sections 2.4.2 and 2.5.2) that as the residential size of the institution increased, the number of pre- and post-release services increased. Thus, the release figures for institutions offering greater numbers of services and programs may be confounded by the residential size of the institution. However, it is important to keep in mind that there is not a linear relationship between the size of the institution and number of pre- and/or post-release programs. Thus, while institutional size may influence the relationship between number of programs and release patterns, important differences appear.

4.4.1 Pre-Release Programs

Roughly a third of the target clients released were moderately retarded regardless of the average number of pre-release programs offered per year by the institution. Profoundly retarded clients, however, were most frequently released from institutions with the most pre-release programs. But these institutions were generally the largest and thus, may have had larger proportions of profoundly retarded residents than smaller institutions with fewer pre-release programs.

There was no clear relationship between the age of released target clients and the release patterns from institutions offering different average numbers of pre-release programs. Except for those institutions where no pre-release programs were reported, about a third of the releases were children and youth. For those with no pre-release programs, the only released target client was under age 18. As mentioned earlier, institutions with a higher average number of pre-release programs had larger residential populations, and therefore, released greater numbers of target clients. The number of released children and youth did not substantially increase with a larger average number of pre-release programs, but the increase in the number of adult releases was marked as the average number of programs increased. Again, it should be mentioned that this could be a function of the age distribution of the facilities' residential population rather than an effect of the number of pre-release programs.

The average number of pre-release programs did not appear to be related either to the percentage of clients with different level of retardation released for the two age groups, or to the types of placements in

which the target group was placed. That is, regardless of the average number of programs, more than half of the children and youth released were placed in natural/adoptive homes whereas about one-third of all adults released were so placed.

4.4.2 Post-Release Services

Except for institutions offering no post-release services over the three year period, the average number of post-release services per year was not strongly related to the number of target releases. Because larger institutions offered more post-release services and had higher release rates, differences in total target releases from institutions with different average number of post-release services was not unexpected. Nor did the existence of different average number of post-release services offered by institutions substantially relate to types of released target clients. However, for institutions offering no post-release services, approximately 88% of the target clients released were either mildly or moderately retarded, whereas, for institutions offering any post-release services, mildly or moderately retarded clients comprised about 73% of the total releases. Thus, the existence of some post-release services may have slightly affected the types of clients released with respect to level of retardation although the different average number of services did not seem to alter the releases.

The age level of released target clients was also not related to the different average number of post-release services. Thus, while those institutions offering no post-release services released a greater proportion of children and youth, the percentage of children and youth released from institutions offering some post-release services did not vary substantially.

Institutions offering no post-release services tended to place released clients primarily (64% of the total) in either natural/adoptive homes or foster homes. The percentage of releases to natural/adoptive homes decreased as the average number of post-release services increased regardless of the age level of released clients. Releases to group homes tended to increase slightly with an increase of post-release services for both age groups. Interestingly, there were more releases to independent living situations when there were fewer post-release services, regardless of the age of the released client, indicating a potential lack of support by institutions for many clients released to live on their own.

4.5 Summary of Institutional Characteristics and Target Client Releases

Not surprisingly, institutional size was associated with the number of target client releases from the responding institutions. While almost half of the facilities served 500 or more clients, nearly three-quarters of the released target group were from these facilities. More interesting was the relationship between institution size and the release patterns. A larger proportion of clients released from large institutions were adults and were severely or profoundly retarded than clients released from small institutions. Smaller institutions more frequently placed children and youth in natural/adoptive or foster homes while larger institutions had a greater proportion of releases to group homes. Adult placements were not strongly affected by the size of the releasing institutions.

Public institutions (72% of the sample) were, in general, much larger than private institutions, and released 94% of the target clients during the period under study. Thus, institutional size confounds the number of released clients from public and private facilities though not necessarily the types of clients or the types of settings to which they were released. It was found that private facilities released greater proportions of children and youth and greater proportions of mildly retarded clients than did public facilities. Public facilities released clients to more varied settings than private facilities, a tendency especially notable for adult releases.

When geographic location was considered, it was found that Southern institutions released primarily mildly retarded clients to natural/adoptive homes and that about 40% of Southern releases were children and youth. The Northeast released mostly mildly retarded clients but utilized more varied community settings than other geographic regions. The North Central region released over half its adults to group homes, nearly three-quarters of whom were either mildly or moderately retarded. However, nearly 40% of the children and youth released from the North Central institutions were severely or profoundly retarded with natural/adoptive homes receiving the majority of this age group. Western institutions showed the most even distribution of releases by level of retardation and types of community placements of any of the geographic regions.

Institutional size and the number of pre- and post-release services were related, with larger institutions offering a higher average number of services and programs than smaller institutions. Releases from institutions with different average numbers of services were not notably related to the number of services or programs, except when those institutions offering no services were compared with those institutions offering any number of services. Post-release services were not related to the proportion of releases, regardless of age, who were placed in natural/adoptive homes, in that as the number of post-release services increased, the proportions of released clients to this type of setting tended to decrease.

5.0 SUMMARY

5.1 Sample Characteristics

This volume reports information collected from 154 institutions serving mentally retarded people, nearly three-quarters of which were public facilities. Almost one-third of these institutions were located in the North Central region of the United States; the largest institutions were located in the Northeast and South.

Pre-release programs were somewhat more available at institutions than post-release services (90% of the institutions indicated the availability of pre-release programs, whereas roughly three-quarters offered post-release services). The largest number of both pre- and post-release services tended to be in the medium-large institutions of between 500 to 999 residents.

5.2 Release Patterns

Approximately one-third of the target clients released from these institutions were children and youth (ages 6 to 18 years); adults (ages 19 to 40 years) comprised the remainder of the sample of target clients. Three-quarters of the released target clients were mildly retarded or moderately retarded persons. Twenty percent were severely retarded and the remaining 5% were profoundly retarded.

The most common type of community placement was to natural/adoptive homes (40%); over a quarter (29%) of the released clients were placed in group homes. The largest single group of target clients who were released during the 1972-1974 period were mildly retarded persons placed in natural/adoptive homes (17% of the total target group). The second most frequent placements were mildly retarded clients released to group homes (12%) and moderately retarded clients placed in natural/adoptive homes (12%). Of those clients classified as severely or profoundly retarded, almost half (45%) were placed in natural/adoptive homes, and almost one-third (31%) were placed in group homes.

Several differences were noted between children and youth and adult releases. A larger percentage of the children and youth released were either severely or profoundly retarded (30%) than of the adults (23%). In comparing types of placement for both age groups, children were more frequently released to natural/adoptive homes (59%), whereas only a third (32%) of the

adult group were so placed. Another third of the adult group were placed in group homes, as compared to 15% of the clients under age 19.

5.3 Institutional Characteristics and Target Client Releases

Several observations can be made in summarizing the relationships between various institutional characteristics and target client release patterns. First, regarding the relationship between institutional size and release patterns, a larger proportion of clients released from large institutions (serving 500 or more people) were adults and were severely or profoundly retarded than clients released from smaller institutions. Smaller institutions more frequently placed children and youth in natural/adoptive or foster homes, while larger ones had a greater proportion of releases to group homes.

Secondly, regarding auspices of the institution (public/private), private facilities released greater proportions of children and youth and greater proportions of mildly retarded clients than did public facilities. Public facilities released clients to more varied settings than did private facilities, a tendency especially notable for adult releases.

And finally, in considering geographic location, institutions in the various regions of the United States had different release patterns. These patterns differed in terms of percent of children and youth released, types of community settings utilized, and level of retardation of released clients.

APPENDIX

Table A-1

Control of Institutions and Target Releases

Type of Institution	CHILDREN AND YOUTH		ADULTS		TOTAL	
	Total Number of Children & Youth Released	Percent of Total Releases	Total Number of Adults Released	Percent of Total Releases	Total Number of Releases	Percent of Overall Target Releases
Public (n=103)	3,673	30%	8,702	70%	12,375	94%
Private (n=40)	488	60%	295	40%	783	6%
TOTALS	4,161	32%	8,997	68%	13,158	100%

Table A-2

Control of Institutions and Target Releases By Levels of Retardation

Type of Institution	LEVEL OF RETARDATION				
	Mild	Moderate	Severe	Profound	TOTAL
Public (n=102)	5142 (41%)	4030 (33%)	2552 (21%)	651 (5%)	12375 (100%)
Private (n=39)	482 (61%)	195 (25%)	85 (11%)	21 (3%)	783 (100%)

Table A-3

Control of Institutions and Target Releases By Community Placements

Type of Institution	TYPE OF COMMUNITY PLACEMENT					
	Natural	Foster	Group	Independent	Other	TOTAL
Public (n=102)	4897 (40%)	2147 (17%)	3674 (30%)	1100 (9%)	557 (4%)	12375 (100%)
Private (n=39)	421 (54%)	89 (11%)	158 (20%)	63 (9%)	52 (6%)	783 (100%)

Table A-4

Control of Institutions and Target Releases By Age Group and Levels of Retardation

Type of Institution	LEVEL OF RETARDATION									
	CHILDREN AND YOUTH					ADULTS				
	Mild	Moderate	Severe	Profound	TOTAL	Mild	Moderate	Severe	Profound	TOTAL
Public (n=102)	1423 (39%)	1099 (30%)	860 (23%)	291 (8%)	3673 (100%)	3719 (43%)	2931 (34%)	1692 (19%)	360 (4%)	8702 (100%)
Private (n=39)	303 (62%)	106 (22%)	59 (12%)	20 (4%)	488 (100%)	179 (61%)	89 (30%)	26 (9%)	1 (1%)	295 (100%)

Table A-5

Control of Institutions and Target Releases By Age Group and Types of Community Placement

Type of Institution	TYPE OF COMMUNITY PLACEMENT											
	CHILDREN AND YOUTH						ADULTS					
	Natural	Foster	Group	Independent	Other	TOTAL	Natural	Foster	Group	Independent	Other	TOTAL
Public (n=102)	2129 (58%)	839 (23%)	569 (15%)	94 (3%)	42 (1%)	3673 (100%)	2768 (32%)	1308 (15%)	3105 (36%)	1006 (11%)	515 (6%)	8702 (100%)
Private (n=39)	314 (64%)	38 (8%)	52 (11%)	41 (8%)	43 (9%)	488 (100%)	107 (36%)	51 (17%)	106 (36%)	22 (7%)	9 (4%)	295 (100%)

Table A-6

Institutional Location and Target Releases

	CHILDREN AND YOUTH		ADULTS		TOTAL	
Region	Total Number Children and Youth Released	Percent of Total Releases	Total Number Adults Released	Percent of Total Releases	Total Number of Releases	Percent of Overall Target Releases
Northeast (n=43)	1221	30%	2910	70%	4131	31%
North Central (n=45)	1140	29%	2826	71%	3966	30%
South (n=34)	1259	39%	1986	61%	3245	24%
West (n=21)	541	30%	1275	70%	1816	14%
TOTALS (n=143)	4161	32%	8997	68%	13,158	100%

Table A-7

Institutional Location and Target Releases By Level of Retardation

Region	Level of Retardation				
	Mild	Moderate	Severe	Profound	TOTAL
Northeast (n=43)	2039 (49%)	1468 (36%)	550 (13%)	74 (2%)	4131 (100%)
North Central (n=45)	1555 (39%)	1237 (31%)	827 (21%)	347 (9%)	3966 (100%)
South (n=34)	1332 (41%)	950 (29%)	832 (26%)	131 (4%)	3245 (100%)
West (n=21)	698 (38%)	570 (31%)	428 (24%)	120 (7%)	1816 (100%)

Table A-8

Institutional Location and Target Releases By Type of Community Placement

Region	Type of Community Placement					
	Natural/ Adoptive	Foster Home	Group Home	Independent Living Setting	Other	TOTAL
Northeast (n=43)	1596 (39%)	917 (22%)	1037 (25%)	463 (11%)	118 (3%)	4131 (100%)
North Central (n=45)	1136 (29%)	514 (13%)	1900 (48%)	268 (7%)	148 (3%)	3966 (100%)
South (n=34)	2007 (62%)	276 (9%)	492 (15%)	273 (8%)	197 (6%)	3245 (100%)
West (n=21)	579 (32%)	529 (29%)	403 (22%)	159 (9%)	146 (8%)	1816 (100%)

Table A-9

Institutional Locations and Target Releases
By Age and Level of Retardation

Region	LEVEL OF RETARDATION									
	CHILDREN AND YOUTH					ADULTS				
	Mild	Moderate	Severe	Profound	TOTAL	Mild	Moderate	Severe	Profound	TOTAL
Northeast (n=43)	623 (51%)	371 (30%)	191 (16%)	36 (3%)	1221 (100%)	1416 (49%)	1097 (37%)	359 (13%)	38 (1%)	2910 (100%)
North Central (n=45)	346 (30%)	332 (29%)	304 (27%)	158 (14%)	1140 (100%)	1209 (43%)	905 (32%)	523 (19%)	189 (6%)	2826 (100%)
South (n=34)	576 (46%)	338 (27%)	285 (22%)	60 (5%)	1259 (100%)	756 (38%)	612 (31%)	547 (28%)	71 (3%)	1986 (100%)
West (n=21)	181 (33%)	164 (30%)	139 (26%)	57 (11%)	541 (100%)	517 (41%)	406 (32%)	289 (22%)	63 (5%)	1275 (100%)

Table A-10

Institutional Locations and Target Releases
By Age and Type of Community Placement

Region	TYPE OF COMMUNITY PLACEMENT											
	CHILDREN AND YOUTH						ADULTS					
	Natural/ Adoptive	Foster	Group	Independent Living	Other	TOTAL	Natural/ Adoptive	Foster	Group	Independent Living	Other	TOTAL
Northeast (n=43)	753 (62%)	301 (25%)	96 (7%)	64 (5%)	7 (1%)	1221 (100%)	843 (29%)	616 (21%)	941 (32%)	399 (14%)	111 (4%)	2910 (100%)
North Central (n=45)	525 (46%)	235 (21%)	348 (31%)	14 (1%)	18 (1%)	1140 (100%)	611 (22%)	279 (10%)	1552 (55%)	254 (9%)	130 (4%)	2836 (100%)
South (n=34)	943 (75%)	123 (10%)	95 (8%)	42 (3%)	56 (4%)	1259 (100%)	1064 (53%)	153 (8%)	397 (20%)	231 (12%)	141 (7%)	1986 (100%)
West (n=21)	222 (41%)	218 (40%)	82 (15%)	15 (3%)	4 (1%)	541 (100%)	357 (28%)	311 (24%)	321 (25%)	144 (11%)	142 (12%)	1275 (100%)

Table A-11

Institutions Offering Average Number of Pre-Release Programs for the Three Year Period

Average Number of Programs Per Year	Number of Institutions	Percent
None	9	6%
Average of 1-3 programs*	36	24%
Average of 4 programs	31	20%
Average of 5 programs	49	32%
Average of 6 or more programs	27	18%
TOTALS	152	100%

*None of the institutions reported having only one pre-release program during the three year period under study.

Table A-12

Average Number of Institutional Pre-Release Programs and Target Releases

	CHILDREN AND YOUTH		ADULTS		TOTAL	
Average Number of Pre-Release Programs Per Year	Total Number of Children and Youth	Percent of Total Releases	Total Number of Adults	Percent of Total Releases	Total Number of Releases	Percent of Overall Target Releases
None (n=7)	1	100%	0	0	1	< 1%
Average of 1-3 programs (n=33)	523	34%	1027	66%	1550	12%
Average of 4 programs (n=29)	861	32%	1855	68%	2716	21%
Average of 5 programs (n=47)	1844	33%	3708	67%	5552	42%
Average of 6 or more programs (n=27)	932	28%	2407	72%	3339	25%

Table A-13

Average Number of Pre-Release Programs Per Year and Target Releases By Level of Retardation

Average Number of Pre-Release Programs Per Year	Level of Retardation				
	Mild	Moderate	Severe	Profound	Total
None (n=7)	0	0	1 (100%)	0	1 (100%)
Average of 1-3 programs (n=33)	542 (35%)	569 (37%)	350 (22%)	89 (6%)	1550 (100%)
Average of 4 programs (n=29)	1347 (50%)	773 (28%)	444 (16%)	152 (6%)	2716 (100%)
Average of 5 programs (n=47)	2348 (43%)	1801 (32%)	1241 (22%)	162 (3%)	5552 (100%)
Average of 6 or more programs (n=27)	1387 (42%)	1082 (32%)	601 (18%)	269 (8%)	3339 (100%)

Table A-14

Average Number of Pre-Release Programs Per Year
and Target Releases By Type of Community Placement

Average Number of Pre-Release Programs Per Year	Type of Community Placement					
	Natural/ Adoptive	Foster	Group	Indepen-dent	Other	TOTAL
None (n=7)	0	1 (100%)	0	0	0	1 (100%)
Average of 1-3 programs (n=33)	637 (41%)	455 (29%)	279 (18%)	47 (3%)	132 (9%)	1550 (100%)
Average of 4 programs (n=28)	1013 (37%)	283 (11%)	893 (33%)	254 (9%)	273 (10%)	2716 (100%)
Average of 5 programs (n=47)	2194 (40%)	921 (17%)	1808 (32%)	532 (10%)	97 (1%)	5552 (100%)
Average of 6 or more programs (n=27)	1474 (44%)	576 (17%)	852 (26%)	330 (10%)	107 (3%)	3339 (100%)

Table A-15

Average Number of Pre-Release Programs Per Year and Target Releases By Age and Level of Retardation

Average Number of Pre-Release Programs Per Year	LEVEL OF RETARDATION									
	CHILDREN AND YOUTH					ADULTS				
	Mild	Moderate	Severe	Profound	TOTAL	Mild	Moderate	Severe	Profound	TOTAL
None (n=7)	0	0	1 (100%)	0	1 (100%)	0	0	0	0	0
Average of 1-3 programs (n=33)	173 (33%)	196 (38%)	115 (22%)	39 (7%)	523 (100%)	369 (36%)	373 (36%)	235 (23%)	50 (5%)	1027 (100%)
Average of 4 programs (n=28)	429 (50%)	207 (24%)	134 (16%)	91 (10%)	861 (100%)	918 (50%)	566 (30%)	310 (17%)	61 (3%)	1855 (100%)
Average of 5 programs (n=47)	769 (42%)	533 (29%)	470 (25%)	72 (4%)	1844 (100%)	1579 (42%)	1268 (34%)	771 (21%)	90 (3%)	3708 (100%)
Average of 6 or more programs (n=27)	355 (38%)	269 (29%)	199 (21%)	109 (12%)	932 (100%)	1032 (43%)	813 (33%)	402 (17%)	160 (7%)	2407 (100%)

Table A-16

Average Number of Pre-Release Programs Per Year and Target Releases By Age and Type of Community Placement

Average Number of Pre-Release Programs Per Year	TYPE OF COMMUNITY PLACEMENT											
	CHILDREN AND YOUTH						ADULTS					
	Natural/ Adoptive	Foster	Group	Independent	Other	TOTAL	Natural/ Adoptive	Foster	Group	Independent	Other	TOTAL
None (n=7)	0	1 (100%)	0	0	0	1 (100%)	0	0	0	0	0	0
Average of 1-3 programs (n=33)	303 (58%)	186 (36%)	23 (4%)	1 (1%)	10 (1%)	523 (100%)	334 (33%)	269 (26%)	256 (25%)	46 (4%)	122 (12%)	1027 (100%)
Average of 4 programs (n=28)	502 (58%)	123 (14%)	187 (22%)	37 (4%)	12 (2%)	861 (100%)	511 (27%)	160 (9%)	706 (38%)	217 (12%)	261 (14%)	1855 (100%)
Average of 5 programs (n=47)	1055 (57%)	379 (21%)	314 (17%)	81 (4%)	15 (1%)	1844 (100%)	1139 (31%)	542 (15%)	1494 (40%)	451 (12%)	82 (2%)	3708 (100%)
Average of 6 or more programs (n=27)	583 (63%)	188 (20%)	97 (10%)	16 (2%)	48 (5%)	932 (100%)	891 (37%)	388 (16%)	755 (31%)	314 (13%)	59 (3%)	2407 (100%)

Table A-17

Institutions Offering Average Number of Post-Release Services Per Year

Average Number of Services per year	Number of Institutions	Percent
None	34	22%
Average of 1 service	27	18%
Average of 2 services	34	22%
Average of 3-4 services	57	38%
TOTALS	152	100%

Table A-13

Average Number of Post-Release Services Per Year and Target Releases by Level of Retardation

Average Number of Services Per Year	LEVEL OF RETARDATION				
	Mild	Moderate	Severe	Profound	TOTAL
None (n=34)	708 (62%)	297 (26%)	106 (9%)	32 (3%)	1143 (100%)
Average of 1 service (n=27)	1221 (42%)	919 (31%)	682 (23%)	117 (4%)	2939 (100%)
Average of 2 services (n=34)	1262 (41%)	1097 (35%)	594 (19%)	142 (5%)	3095 (100%)
Average of 3 or more services (n=57)	2433 (41%)	1912 (32%)	1255 (21%)	381 (6%)	5981 (100%)

Table A-19

Average Number of Post-Release Services Per Year and Target Releases

Average Number of Post-Release Services Per Year	CHILDREN AND YOUTH		ADULTS		TOTAL	
	Total Number of Children	Percent of Total Releases	Total Number of Adults	Percent of Total Releases	Total Releases	Percent of Overall Target Releases
None (n=34)	479	42%	664	58%	1143	9%
Average of 1 service (n=27)	794	27%	2145	73%	2939	22%
Average of 2 services (n=34)	1172	38%	1923	62%	3095	24%
Average of 3 or more services (n=57)	1716	29%	4265	71%	5981	45%

Table A-20

Average Number of Post-Release Services Per Year and Target Releases By Type of Community Placement

Average Number of Services Per Year	TYPE OF COMMUNITY PLACEMENT					
	Natural	Foster	Group	Indepen-dent	Other	TOTAL
None (n=34)	590 (52%)	138 (12%)	180 (16%)	161 (14%)	74 (6%)	1143 (100%)
Average of 1 service (n=27)	1444 (49%)	321 (11%)	900 (31%)	228 (8%)	46 (1%)	2939 (100%)
Average of 2 services (n=34)	1256 (40%)	643 (21%)	771 (25%)	313 (10%)	112 (4%)	3095 (100%)
Average of 3 or more services (n=57)	2028 (34%)	1134 (19%)	1981 (33%)	461 (8%)	377 (6%)	5981 (100%)

Table A-21

Average Number of Post-Release Services Per Year
and Target Releases by Age and Level of Retardation

Average Number of Services Per Year	LEVEL OF RETARDATION									
	CHILDREN AND YOUTH					ADULTS				
	Mild	Moderate	Severe	Profound	TOTAL	Mild	Moderate	Severe	Profound	TOTAL
None (n=34)	328 (68%)	82 (17%)	46 (10%)	23 (5%)	479 (100%)	380 (57%)	215 (33%)	60 (9%)	9 (1%)	664 (100%)
Average of 1 service (n=27)	298 (38%)	225 (28%)	226 (28%)	45 (6%)	794 (100%)	923 (43%)	694 (33%)	456 (21%)	72 (3%)	2145 (100%)
Average of 2 services (n=34)	446 (38%)	415 (35%)	227 (19%)	84 (8%)	1172 (100%)	816 (43%)	682 (35%)	367 (19%)	58 (3%)	1923 (100%)
Average of 3 or more services (n=57)	654 (38%)	483 (29%)	420 (24%)	159 (9%)	1716 (100%)	1779 (41%)	1429 (34%)	835 (20%)	222 (5%)	4265 (100%)

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Table A-22

Average Number of Post-Release Services Per Year
And Target Releases by Age and Type of Community Placement

Average Number of Services Per Year	TYPE OF COMMUNITY PLACEMENT											
	CHILDREN AND YOUTH						ADULTS					
	Natural/ Adoptive	Foster	Group	Indepen-dent	Other	TOTAL	Natural/ Adoptive	Foster	Group	Indepen-dent	Other	TOTAL
None (n=34)	315 (66%)	49 (10%)	27 (6%)	41 (8%)	47 (10%)	479 (100%)	275 (41%)	89 (14%)	153 (23%)	120 (18%)	27 (4%)	664 (100%)
Average of 1 service (n=27)	551 (69%)	129 (16%)	98 (12%)	14 (2%)	2 (1%)	794 (100%)	893 (42%)	192 (9%)	802 (37%)	214 (10%)	44 (2%)	2145 (100%)
Average of 2 services (n=34)	671 (57%)	248 (21%)	200 (17%)	45 (4%)	8 (1%)	1172 (100%)	585 (30%)	395 (21%)	571 (30%)	268 (14%)	104 (5%)	1923 (100%)
Average of 3 or more services (n=57)	906 (53%)	451 (26%)	296 (17%)	35 (2%)	28 (2%)	1716 (100%)	1122 (26%)	683 (16%)	1685 (40%)	426 (10%)	349 (8%)	4265 (100%)

GLOSSARY

Additional Handicapping Conditions: These refer to handicaps other than mental retardation, including visual or auditory impairments, mobility limitations, psychiatric problems, or epilepsy.

Age Group: Target clients were grouped into two age categories: ages 18 and under were considered children and youth, while adults were those clients between the ages of 19 and 40 years.

Casemanager: This term refers to anyone in the community who is responsible on an on-going basis for ensuring that a person receives appropriate services and support.

Client Assessment Procedures: Steps used by the institution to assess or review the needs and progress of residents while living in the institution. Includes both the formal psychological and educational testing and informal judgments by staff.

Community: This refers to the setting in which the individual is placed when released from the institution. "Community" must be viewed broadly and includes the following contexts: individual's place of residence, place of work, and places of social activity. This includes, as well, the immediate neighborhood and the larger surrounding community.

Community Adjustment: This study assumes that community adjustment is a two-way process: 1) the process of the individual adapting to the demands and requirements of daily living in a community as opposed to an institutional setting; and, 2) the process of the community adapting to the demands and needs of the individual. The adaptive behaviors necessary for community living which this study examines include measures of personal, vocational, social and civic adjustment. This study also assumes that there are no rigid criteria for defining "successful" or "unsuccessful" community adjustment. Rather, the concept of adjustment is relative to the context of the community setting in which the individual is living (including the individual's residential, work and social settings). Ideally, in order to get a total picture of the community adjustment process, the adaptive behaviors of the individual to these contexts must be studied as well as these settings' adaptation to and acceptance of the individual.

Community Placement: May include natural homes, foster homes, cooperative apartments, group homes, as well as independent living units. However, in this study, community placements do not include residential settings which are as restrictive or as sheltered as the institutions from which clients were released (e.g., nursing homes, state schools, and state hospitals) nor are any residential settings serving over 100 persons considered a community placement.

Deinstitutionalization: In its most limited and narrow sense, deinstitutionalization refers to a planned reduction in the number of persons residing in institutions for the mentally retarded. However, for the purposes of this study, a broader definition has been utilized.

Deinstitutionalization in this study, refers to the process of placing mentally retarded persons from institutions into community based settings (see definition of community placement). This process includes the following interrelated activities: 1) the on-going assessment of clients in institutions to determine their readiness and appropriateness for community placement; 2) the preparation and training of clients at the institution in skills necessary for eventual community placement; 3) the procedures undertaken by the institution to secure and/or develop community placements for residents; 4) the follow-up efforts on the part of the institution to monitor the progress of residents in their community placements and to provide any assistance to facilitate the community adjustment of former residents. This study focuses on deinstitutionalized clients between the ages of 6 and 40 who have been placed in community-based residences following their enrollment in residential institutions (facilities serving over 100 handicapped clients) for two years or more.

Discharged: A mentally retarded person is considered to have been discharged if s/he is no longer officially on the rolls of the institution. Some institutions automatically discharge residents when they are placed in the community; others place residents in the community on a trial basis before formally discharging them (see "Extended Visit").

Extended Visit: A mentally retarded person is considered to be on extended visit status if s/he is living outside the institution but is still officially counted on the rolls and is considered to be part of the institution's clientele. Other terms used by institutions to indicate an extended visit status include "temporary discharge" or "trial leave." The exact minimum and maximum lengths of extended visits involved are likely to vary from institution to institution. This status is often the first one used when a person is initially placed in the community on a trial basis from the institution until reasonable assurance of successful community adjustment has been obtained.

Follow-Up: Any effort made on the part of the institution to keep track of where former residents are living, and how well they are doing in their new placements, including direct contact with the released resident or contact made with responsible social workers, employers, or residential staff of the released resident is considered to be follow-up.

Follow-Up Support: Any assistance which an individual mentally retarded person receives which facilitates his/her adjustment to community placement. Follow-up support services are typically received through a resident's social worker or through institutional services available for released clients.

Institution: Any environment which provides a "total care" system for handicapped clients within its physical boundaries. Most, and in many cases, all human services including shelter, food, medical care, recreation, habilitative and/or educational services, etc., are provided for clients on the institution's grounds. For the purposes of this study, a facility had to serve over 100 residents in order to be considered an institution.

Institutional Control: This term refers to whether the institution is privately owned and controlled, or whether it is a publicly operated facility.

Institutional Staff: Information was collected on the number of staff employed at the institutions for the following positions: administrators, medical doctors, psychiatrist, psychologist, social workers, therapists, rehabilitation/vocational counselor, nurse, attendant, teacher, support staff, other staff.

Levels of Retardation: The levels of retardation used in this study are mildly retarded (IQ 68-72), moderately retarded (IQ 51-36), severely retarded (IQ 35-20), and profoundly retarded (IQ 19 and below). These are the levels and definitions used by the American Association on Mental Deficiency (AAMD). Mild retardation is roughly equivalent to the educational term "educable;" moderate retardation includes those individuals who are likely to fall into the educational category of "trainable;" the severe group includes individuals sometimes known as "dependent retarded;" individuals in the profound retardation level are among those sometimes called "life support" level.

Non-Returnees: Members of the study group interviewed while they were living in the community. They were the people who had remained in the community since their release from the institution, or who, if they had returned to the institution, had been released again.

Non-Target Clients: Non-target clients are all clients released from an institution between 1972-1974 who do not meet the criteria specified for inclusion in this study (i.e., they can be less than 6 years or more than 40 years old, have been in the institution for less than 2 years prior to release, and/or have been placed in non-"community" settings such as nursing homes, state hospitals, etc.). (See below.)

Overall Releases: This refers to the total number of clients released from the responding institutions between January 1, 1972 and December 31, 1974 who were between the ages of 6 and 40 years at the time of their release and who had resided at the facility for at least two years prior to their release. The type of placement to which the client was released was not specified for this count and thus, the overall release number includes both target and non-target clients.

Periodic Review: This is a procedure, often mandated by state legislation, through which residents in institutions (or other state programs) are evaluated on a regular basis. The objective of this review is usually to determine the appropriateness of the current programming for a client and to provide the basis for revised programming if appropriate. Thus, periodic review is often performed by an interdisciplinary team which examines a broad range of capabilities and achievements in an individual client. The state legislation usually prescribes the frequency of the periodic review (e.g., at least once a year) as well as the nature of the review (e.g., it must include a psychological review, an intelligence test, etc.) and even the participants in the review (the professionals to be involved and the role of parents). New York, Pennsylvania, and Massachusetts are some of the states which have passed such laws.

Post-Release Services: Many institutions provide continuing support for released residents. These support services may include medical and dental care, social services and counseling, and/or respite care.

Pre-Release Program: Many institutions have developed special programs which are specifically designed to prepare clients for placement into community settings. These programs provide training in various skills considered necessary for living in the community. The programs include separate residential facilities on the institution's grounds which are developed to prepare residents for the demands of community living, sheltered workshops, competitive work placement, and schools either within the institution or the community. Typically, different programs exist for children and for adults. A few institutions consider all their efforts to constitute "pre-release" programming.

Region: Institutions responding to the Institutional Mail Questionnaire were grouped into four geographic regions as follows:

Northeast: Connecticut, Delaware, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Pennsylvania, Vermont.

North Central: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin.

South: Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia.

West: Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming.

The institutions in the states of Alaska and Hawaii were not included in the Institutional Mail Questionnaire.

Released: A person is considered released from the institution when s/he has been placed in the community either on a formal discharge or extended visit status (see definitions of these terms in the Glossary). A person is not considered released when the placement is only for a short period of time (e.g., a week's leave) and when return to the institution is expected or required.

Release Procedure: This refers to either the formal or informal process established within an institution for the selection of and eventual release of an institutional resident.

Returnees: Those members of the target group of released clients who had returned to the institution. The term is used in this project to refer to those individuals who were back at the institution when the interviews were conducted.

Right to Education Law: This refers to state legislation which provides for the education and training of handicapped children within the public school system. Generally, right to education laws mandate that all children (regardless of level of retardation or level of handicap) have the right to a public education--either in a special education class or in a regular classroom program. In some states, the law applies to children from 0-21 years. In other states, the age range may be more limited.

Study Group: This refers to those target clients who were contacted with the assistance of the institutions for Abt Associates and subsequently agreed to participate in the study. Study group members, therefore, are a self-selected sample of the released target group.

Study Group Respondents: The term "respondent" refers to the study group's contact person interviewed in the community about the study group member's experiences since release. Respondents were, in general, a natural/adoptive parent, a foster parent, a group home manager, or a social worker. The respondents gave information on the institutional follow-up provided, on the existence of a casemanager, on the study group member's residential and day activities history, on the types of services and training received since release, and on the types of problems encountered by the study group.

Support Services for Clients: Interviewed study group respondents were asked about twelve types of support services which may have been available in the community. These support services on which information was collected were: medical services, dental services, social/psychological counseling, job counseling and/or evaluation, camp, recreational/social programs, occupational therapy, speech therapy, physical therapy, legal assistance, housing assistance, and other support service.

Support Services for Families: Study group respondents were asked about six types of support services which may have been available to them in the community. These services on which information was collected were: support and/or training prior to client's coming to the residence, on-going counseling for the family, consultation for handling specific problems, respite or relief from responsibilities, parent or professional associations, and other services used or needed.

Target Clients: Target clients refer to those mentally retarded persons between the ages of 6 to 40 years who were released between 1972 and 1974 into a community setting other than a nursing home or residential facility serving 100 or more persons after having resided at an institution for at least 2 years prior to their release. Released clients who meet this definition constitute the primary group of deinstitutionalized clients selected for study in this project. The distinction made between target and non-target clients is solely a function of this study and does not indicate a distinction made by institutions or institutional personnel.

Training: Interviewed study group respondents were asked about 24 skill areas in which the released group may have received training since their release. These training areas were: eating (self-feeding and table manners), toilet use, cleanliness (washing, personal hygiene), dressing and undressing, personal appearance (posture, neatness of dress), motor skills, sensory (hearing and vision), language (speech, comprehension), pre-academic skills (shapes, colors, sizes), numbers and telling time, reading and writing, pre-vocational skills, vocational training, housekeeping, meal preparation, traveling skills, using a telephone, money management, shopping skills, dealing with emergencies, using social and community agencies, interpersonal relationships, behavior management, and recreation skills.